

MCLB ALBANY SAFETYGRAM



Slips, Trips and Falls Prevention

The dangers of Slips, Trips and Falls

Falls are one of the leading causes of unintentional injuries in the United States, accounting for approximately 8.9 million visits to the emergency department (2011 NSC Injury Facts).

Falls are the second-leading cause of unintentional death in homes and communities, resulting in more than 25,000 fatalities in 2009. The risk of falling, and fall-related problems, rises with age and is a serious issue in homes and communities.

Adults 55 and older are more prone to becoming victims of falls, and the resulting injuries can diminish the ability to lead active, independent lives. Take the time to remove slip, trip and fall hazards to keep your work area and family safe.

What happens when you **slip**?

- A loss of balance caused by too little traction.
- This is caused by:
 - Wet surfaces (spills)
 - Weather hazards
 - Improper shoe type

What happens when you **trip**?

- Your foot contacts an object with enough momentum to make you lose balance.
- This is caused by:
 - Objects in the walkway
 - Poor lighting
 - Loose or uneven flooring

What happens when you **fall**?

- To drop or come down freely under the influence of gravity.
- This is caused by:
 - Unsecure ramps
 - Unguarded heights
 - Natural action after slip and/or trip

Tips to prevent Slips, Trips and Falls

- Clean up all spills immediately
- Secure electrical and phone cords out of traffic areas
- Keep frequently used items in easily reachable areas
- Wear shoes with good support and slip-resistant soles
- Arrange furniture to provide open walking pathways
- Remove tripping hazards (paper, boxes, books, etc.) from stairs and/or ladders
- Install gates at the top and bottom of stairs as necessary
- Ensure adequate lighting both indoors and outdoors
- Remove debris from interior/ exterior walkways
- Adjust gutter downspouts to drive water away from pathways
- Check the condition of walkways and steps, and repair damages immediately

Common locations for falls

- Doorways
- Ramps
- Cluttered hallways
- Heavy traffic areas
- Uneven surfaces
- Areas prone to wetness
- Unguarded heights
- Unstable work surfaces
- Ladders
- Stairs

Visit [http://www.nsc.org/safety_home/HomeandRecreationalSafety/Falls/Pages/Falls.aspx#slips, trips and falls](http://www.nsc.org/safety_home/HomeandRecreationalSafety/Falls/Pages/Falls.aspx#slips,_trips_and_falls) for more information.



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